



How to Use Sunscreen

Use it Right

- Choose a broad-spectrum (blocks both UVA and UVB rays) sunscreen with a sun protection factor (SPF) of 15 or 30.
- If sensitive or allergic to ingredients in chemical sunscreens, sunblocks containing zinc oxide or titanium dioxide are the best alternatives.
- Apply sunscreen evenly to all exposed skin—especially your nose and the top of your ears—about 20 minutes **BEFORE** you go out in the sun!
- Reapply sunscreen every 1-2 hours, or after swimming, toweling off, or heavy perspiring.
- Remember that a sunscreen labeled “waterproof” will last only 80 minutes in water.
- “Water-resistant” and “sweat resistant” sunscreens will last only 30-40 minutes, once you get wet or begin to perspire.
- Throw sunscreen away once it’s been opened for a year. Unopened bottles last about 2 years.

**Remember, sunscreen is your best weapon
against skin cancer.**

Like any weapon, it works best when you use it right!

